

MAY IS MENTAL HEALTH MONTH CELEBRATION AT HARBOR UCLA

By Jeffrey Adams, PMHNP Coordinator, Harbor-UCLA Wellness Center



On Tuesday, May 7, 2013, the Los Angeles County Department of Mental Health (LACDMH), Harbor-UCLA outpatient programs celebrated Mental Health Awareness Month by showcasing eight unique outpatient programs, designed to assist consumers in finding their place in the community and help break down the negative effects of stigma. Consumers shared an impressive variety of musical talent and inspirational speeches while everyone enjoyed great food, a jazz band and much fun together.

The theme of the celebration this year was *Catch the Wave Toward Recovery and Wellness*. It was a Hawaiian Luau motif and attire. The feeling of the day was camaraderie; everyone pulling together to grow and move forward.

Master of ceremonies, James Griffin, did a fantastic job getting the celebration in motion. Dr. Ira Lesser, LA County Health Services Department, Psychiatry Chair, Harbor-UCLA; Cathy Warner, LACDMH Deputy Director, Adult System of Care; and Sandra Kramer Harbor-UCLA Program Head provided opening remarks. Their presentations inspired and educated the audience about where we are and where we are going in terms of our mental health service delivery. Cathy Warner then recognized selected clients for their achievements and handed out certificates.

The eight individual programs from LACDMH at Harbor-UCLA Medical Center included: the Adult Outpatient Program, Child and Adolescent Program, Field Capable Clinical Services, Full Service Partnership, Dual Diagnosis, Community Case Management Linkage Service, HIV Mental Health Services and the Wellness Center. All programs provided information about their services at booths manned by staff and consumers. Special guests NAMI, South Bay Chapter, and the Harriet Buhai Center for Family Law provided valuable information about their programs at individual booths.

Special thanks go to Dorit Saberi for helping to organize the event, and arranging the jazz band at the celebration. Mabek Yumul, Yolanda Tillman, La Shaun Mitchell and the entire Celebration Committee did an incredible job, especially as early rain threatened the event, but the crew prevailed and the sun did shine.